



PALARONG PAMBANSA 2009

April 26-May 2, 2009
Tacloban City, Leyte



GUIDELINES FOR THE SEARCH FOR THE MR. & MISS PALARO '09

A. ELIGIBILITY

1. The Pageant is open to all eligible male and female athletes who have participated in the 2009 Regional Palaro.
2. Each region is entitled to one male candidate for the Mr. Palaro '09 and one female candidate for the Miss Palaro 09.

B. CONTEST CATEGORIES

1. Sports Wear

The Candidate shall wear only his or her Palarong Pambansa official uniform e. g. jacket, t-shirt, shorts/jogging pants, cap, and sports/rubber shoes. The candidate may also use sports equipment or playing implement during the presentation as props, if necessary. Sport attires not included in the aforementioned uniforms are strictly not allowed.

2. Regional Costume

The Candidate shall wear the costume distinct in the region he/she represents. The use of special effects, grandiose displays, live animals and deadly weapons are prohibited, this is to ensure that the presentation will not put the Candidate and the other Candidates in serious danger.

3. Talent

The Candidate shall observe the following:

- The presentation should last only for a maximum of five (5) minutes including the entrance and the exit.
- The Candidate must provide the necessary costume and other paraphernalia.
- Staging of the Candidate's talent presentation must be done in good taste. The concept, costume and other paraphernalia must not be suggestive and lewd in any manner.
- The use of back up performers is not permitted.
- The use of special effects is prohibited in the same manner that stunts and other dangerous acrobatic moves are discouraged. However, this may be performed at own risk, provided, that safety precautionary measures are observed.
- The Candidate must provide the organizing committee with the necessary requirements for presentation such as tapes/CD's (2 copies), copy of the oration or declamation piece and poem, script and other materials related to the presentation.
- Candidates are required to attend ALL the scheduled meetings and rehearsals.

4. Question & Answer

The candidate is asked to expound his/her personal opinion about the different sports related issues or questions provided by the judges.

5. Sports Participation Portfolio

The Candidate shall present his/her achievements in sports (photos, plaques, medals, ribbons, citations or any form of documentation) for the last three years. The achievement shall be weighed accordingly. Each Candidate can only earn an accumulated 40 points as the maximum number of points. **Only the highest level attained in a particular event and competition shall be considered.**

I - Team Event (Ball Games)

Competition level	Maximum Number of Points	Maximum Number of Evidence	Points per Evidence per Competition
Division	10	5	2
Regional	20	5	4
National	30	5	6
International	40	5	8

II. Individual Event (Athletics, Swimming, Chess, Gymnastics, Racket Games, Combat Sports, Target Sports)

Competition level	Maximum Number of Points	Maximum Number of Evidence	Points per Evidence per Competition
Division	10	10	1
Regional	20	10	2
National	30	10	3
International	40	10	4

Evidence refers to any proof or documentation attesting the contestant's achievement/s on his/her participation in any recognized sport competitions.

Competition refers to any sport contest initiated by any recognized group or organization e.g. Milo Olympics, Palarong Pambansa, etc.

C. CRITERIA FOR JUDGING

Over-all Physique.....	30%
Talent.....	20%
Intelligence & Communication Skills.....	20%
Sports Participation Portfolio.....	30%
Total.....	100%

D. MAJOR and SPECIAL AWARDS

Mr. and Ms. Palaro 09
1st Runner Up (male and female)
2nd Runner Up (male and female)
3rd Runner Up (male and female)
4th Runner Up (male and female)

Special awards shall be given to the following:

- Best in Sports Attire
- Best in Regional Costume
- Best in Talent
- Best in Question and Answer
- Mr. and Ms. Congeniality

2009 Palarong Pambansa Tentative Schedule of Activities

April 20, 2009..... Deadline of the Registration of Candidates
and General Orientation
1:00 pm – 5:00 pm

- Mechanics of the Contest
- Guidelines

April 22, 2009..... Rehearsal for the Pre-Pageant Contest
1:00 pm – 5:00 pm

April 23, 2009..... Pre-Pageant Contest
6 :00 pm - onward (Talent Portion)

April 24, 2009..... Rehearsal for the Pageant Night
1:00 pm – 5:00 pm

April 25, 2009..... The Pageant
7:00 pm (Q and A Portion)